



RECIPE OF THE Month

Sassy Turkey Soup

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| 2 (14¼-oz) cans Mexican stewed tomatoes | 2 tbsp sliced black olives |
| 2 cups low-sodium chicken broth | 1 cup frozen corn kernels |
| ½ pound cooked turkey breast , shredded into inch-long strips | 2 tsp dried oregano |
| 1 (15½-oz) can pinto beans , drained and rinsed | ½ tsp chili powder |
| | 2 tbsp fresh lime juice |
| | 1-2 tbsp fresh cilantro , chopped |
| | ⅓ cup grated cheddar cheese |

- 1 Puree tomatoes. Pour into a large soup pot and add broth, turkey, beans, olives, corn, oregano and chili powder.
- 2 Bring to a boil, reduce heat and simmer at least 30 minutes.
- 3 Stir in lime juice and cilantro. Serve with cheese sprinkled on top or a dollop of nonfat sour cream.

MAKES 8 CUPS.

PER CUP: 220 calories | 18g protein | 4g fat | 24g carbs | 6.5g fiber | 635mg sodium